

Mississippi Farm to School

Mississippi Grown. Mississippi Good.



Green beans are an excellent way to eat healthy!

While low in calories, green beans are loaded with nutrients.

They are an excellent source of vitamins K (for strong bones), C (helps fight infections), A (for vision health), manganese, fiber, potassium, folate, and iron. Compared to dry or shell beans, green beans provide less starch and protein and more vitamin A, C, and calcium.

Fun Facts

- Green beans are nitrogen fixers, which means they have the ability to draw nitrogen from the air and return it to the soil. This is very useful to farmers to help replenish the soil.
- Green beans are thought to have originated in Peru and Central America.
- Green beans may grow as bush beans or pole beans. Pole beans mean they are climbers and will need a pole to hold up the plant.
- Green beans can be green, purple, yellow, or speckled. Source: University of Minnesota Extension



Green beans are grown in Mississippi on farms like that of Glyen Holmes and the Holmes County Food Hub in Durant, MS.

Green beans can be steamed, boiled, stir-fried, or baked!